

# San Bruno Senior Center - Adults 50+

1555 Crystal Springs Road - 650-616-7150

## Art & Special Interests, Exercise, Music & Dance

### Mondays

3-Mile Hike.....	8:15am
*Ceramics .....	9:00am
Zumba Gold.....	9:45am
*A Conversation in the Arts.....	10:00am
Ballroom Dancing (to live music).....	11:00am
Advanced Tap Dance.....	12:30pm
Bridge.....	1:00pm
*The Stories of Our Families, Neighborhoods & Heritage.....	1:00pm
Computer Club.....	1:00pm
BINGO.....	1:10pm
Beginning Tap.....	1:30pm
Jazz Dance.....	2:30pm
*Gentle Pilates.....	3:30pm
*Yoga.....	4:30pm

### Tuesdays

Fun & Fitness Exercise.....	9:00am
Spanish Lessons.....	10:00am
Dance Party - DJ.....	10:30am
Computer Club.....	1:00pm
Ukulele Lessons.....	1:00pm
Ballroom Dance Lessons.....	2:00pm

### Wednesdays

3 Mile Hike.....	8:15am
Advanced Western Line Dancing.....	9:00am
Stained Glass.....	9:30am
Eye Glass Repair....(2 <sup>nd</sup> & 4 <sup>th</sup> Wed).....	10:00am
Ballroom Dance (to live music).....	10:45am
Computer Club.....	1:00pm
*Current Affairs.....	1:00pm
Beginning Western Line Dancing.....	1:00pm
Intermediate Western Line Dancing.....	2:00pm
Men's Haircuts....(1 <sup>st</sup> & 3 <sup>rd</sup> Wed).....	2:45pm
Tai Chi.....	3:15pm
BINGO.....	1:10pm
*Yoga.....	4:30pm
Zumba.....	6:00pm

### Daily Drop In Activities

Puzzles  
Pool Tables  
Cards  
Weekly Pedro Tournaments  
Monday and Friday afternoon Bridge Club  
Lunch & Transportation programs sponsored in part  
by San Mateo County Area Agency on Aging.

### Thursdays

Fun & Fitness Exercise.....	9:00am
Creative Writing.....	10:00am
*Yoga .....	10:00am
*Oil/Acrylic Painting.....	12:30pm
Softball .....	10:30am
Ballroom Line Dancing.....	1:00pm
Coping with Change & Loss Support Group..	1:00pm
Pedro.....	12:00pm
Thursday Night BINGO.....	5:00pm
(sponsored by Non-Profit Nutrition Site Council)	

### Fridays

3 Mile Hike.....	8:15am
Advanced Tap Dance.....	9:00am
Knitting.....	9:00am
Movie (1 <sup>st</sup> Friday).....	9:30am
Music Sing Along (2 <sup>nd</sup> Friday).....	11:00am
Computer Club.....	1:00pm
Bridge.....	1:00pm
Gardening Class.....	1:00pm
BINGO.....	1:10pm
Ping Pong (2 <sup>nd</sup> & 4 <sup>th</sup> Friday).....	1:30pm

### \*Sponsored by San Mateo Adult Education

#### San Mateo Adult Education Programs

Held at San Bruno Senior Center  
All seniors (50+) are invited to participate in all classes.  
Co-sponsored with San Mateo Union High School District. There is a nominal fee for the above co-sponsored programs.

<b>Class</b>	<b>Instructor</b>	<b>Day</b>	<b>Times</b>
Ceramics	Ann Grannis	M	9am
Conversation in Arts	Adam Donovan	M	10am
Stories of Our Heritage	Adam Donovan	M	1pm
Pilates	Stephanie Funk	M	3:30pm
Yoga	Matt McGovern	Cory M & W	4:30pm
Current Affairs	Jack Mather	W	1-2:30pm
Yoga	Rebecca Blake	Th	10:30-11:30am
Painting	Jeri McGovern	Th	12:30-3:30pm

Individual Class Fees range from free to \$5 per class.

Adult Education Classes: \$30 Class Card per course for 65+. \$50 Class Card per course for 50-64 years.